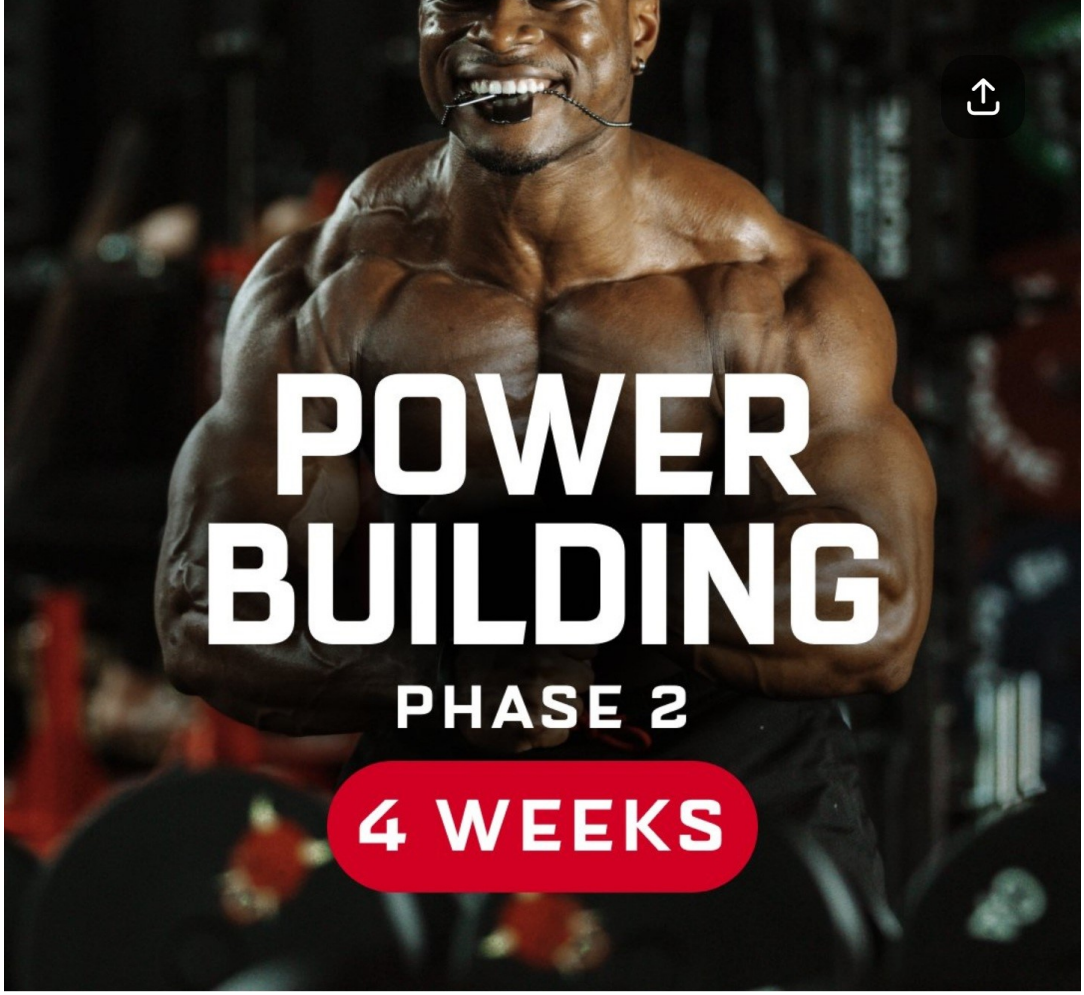

Power Building Phase 2

OVERVIEW COMMENTS

Russel Orhii
Powerlifter & bodybuilder

LENGTH
4 weeks

Timer

1. **Barbell Squat 82.5% of 1rm** — 4
   4-4-4-4 reps
2. **Cable Hip Thrust** — 4
   12-12-12-12 reps
3. **DB Walking Lunges** — 4
   12-12-12-12 reps
4. **Leg Press** — 4
   12-12-12-12 reps
5. **Single Legged Leg Press** — 3
   8-8-8 reps
6. **Calf Raises** — 3
   20-20-20 reps

Swipe to complete

Timer

1. **Barbell Bench 82.5% or 1rm** — 4
   4-4-4-4 reps
2. **Barbell Bench (closer grip than usual) 50% o..** — 3
   8-8-8 reps
3. **Flat DB Press** — 3
   F-F-F reps
4. **French Curl** — 4
   12-12-12-12 reps
5. **Incline DB Chest Flies** — 3
   8-8-8 reps
6. **Diamond Push-Up** — 4
   12-12-12-12 reps
7. **Cable Flies** — 2
   F-F reps

Swipe to complete

Timer

1. **Conventional Deadlift 82.5 % of 1rm** — 4
   4-4-4-4 reps
2. **BW Pull-Ups** — 4
   8-8-8-8 reps
3. **Wide Grip Lat Pulldown** — 3
   12-12-12 reps
4. **Row Machine** — 4
   10-10-10-10 reps
5. **Cable Pullover** — 3
   12-12-12 reps
6. **Cable Curls** — 4
   10-10-10-10 reps
7. **Incline DB Curls** — 3
   8-8-8 reps

Swipe to complete

Timer

1. **Barbell Bench 72.5 % of 1rm** — 3
   5-5-5 reps

2. **Seated DB Shoulder Press** — 3
   F-F-F reps

3. CIRCUIT — 4
   Superset
   - **8** Arnold Press
   - **10** DB Side Laterals

4. **Cable Upright Rows** — 3
   12-12-12 reps

5. **Face Pulls** — 4
   12-12-12-12 reps

Swipe to complete

Timer

1. **Barbell Squat 55% of 1rm** — 3
   8-8-8 reps
2. **Barbell RDL** — 3
   10-10-10 reps
3. **DB Walking Lunges** — 4
   12-12-12-12 reps
4. **Cable Hip Thrust** — 3
   15-15-15 reps
5. **Belt Squats** — 3
   8-8-8 reps
6. **Calf Raises** — 3
   20-20-20 reps

Swipe to complete

Timer

1. **Incline Barbell Bench 55% 1rm** — 4
   8-8-8-8 reps

2. **Pendlay Row** — 4
   8-8-8-8 reps

3. CIRCUIT — 3
   Superset
   12 Flat DB Press
   8 DB Rows

4. **Cable Flies** — 4
   10-10-10-10 reps

5. **Close Grip Lat Pulldown** — 3
   12-12-12 reps

6. **Wide Grip Lat Pulldown** — 3
   10-10-10 reps

Swipe to complete

Timer

1. **Barbell Squat 85% 1rm** — 3
   3-3-3 reps
2. **Leg Press** — 4
   10-10-10-10 reps
3. **DB RDL's** — 4
   8-8-8-8 reps
4. **Calf Raises** — 3
   20-20-20 reps

Swipe to complete

Timer

1. **Barbell Bench 85% or 1 rm (3 drop sets)** — 3
   3-3-3 reps
2. **Seated DB Shoulder Press** — 3
   10-10-10 reps
3. **DB Frontal Raises** — 3
   12-12-12 reps
4. **DB Side Laterals** — 3
   12-12-12 reps
5. **Arnold Press** — 4
   10-10-10-10 reps
6. **Face Pulls** — 3
   12-12-12 reps

Swipe to complete

Timer

1. **Conventional Deadlift 85% of 1rm** — 3
   3-3-3 reps
2. **Wide Grip Lat Pulldown** — 3
   15-15-15 reps
3. **Single Arm Barbell Row** — 3
   12-12-12 reps
4. **Inverted Row** — 3
   F-F-F reps
5. **Bicep EZ Bar Curls** — 4
   10-10-10-10 reps
6. **Spider Curls** — 3
   8-8-8 reps
7. **EZ Bar Preacher Curls**
   1 rep

Swipe to complete

Timer

1. **Barbell Bench 70% of 1rm** — 3
   6-6-6 reps

2. **Weighted Dips** — 3
   12-12-12 reps

3. CIRCUIT — 4
   Superset
   - 12 Machine Chest Press
   - 12 Diamond Push-Up

4. **French Curl** — 4
   8-8-8-8 reps

5. **Single Arm Extension** — 3
   12-12-12 reps

Swipe to complete

Timer

1. **Barbell Squat 55% of 1rm** — 3
   5-5-5 reps

2. **DB RDL's** — 4
   12-12-12-12 reps

3. **Leg Press** — 4
   10-10-10-10 reps

4. **Goblet Squats** — 4
   8-8-8-8 reps

Swipe to complete

Timer

1. **Incline DB Press** — 3
   F-F-F reps
2. **Cable Pullover** — 2
   F-F reps
3. **Pendlay Row** — 4
   10-10-10-10 reps
4. CIRCUIT — 4
   Superset
   - 12 Machine Chest Press
   - 10 Row Machine
5. **Weighted Push-Up**
   12 reps
6. **Barbell T-Bar Row**
   8 reps

Swipe to complete

Timer

1. **Barbell Squat. 87.5% of 1rm** — 3
   2-2-2 reps
2. **Cable Hip Thrust** — 4
   12-12-12-12 reps
3. **DB Walking Lunges** — 3
   15-15-15 reps
4. **Leg Press** — 3
   10-10-10 reps
5. **Single Legged Leg Press** — 3
   8-8-8 reps
6. **Calf Raises** — 3
   20-20-20 reps

Swipe to complete

Timer

1. **Barbell Bench 87.5% or 1rm** — 4
   2-2-2-2 reps
2. **Barbell Bench (closer grip than usual) 50% o..** — 3
   8-8-8 reps
3. **Flat DB Press** — 3
   F-F-F reps
4. **French Curl** — 4
   12-12-12-12 reps
5. **Incline DB Chest Flies** — 3
   8-8-8 reps
6. **Diamond Push-Up** — 4
   12-12-12-12 reps
7. **Cable Flies** — 2
   F-F reps

Swipe to complete

Timer

1. **Conventional Deadlift 87.5 of 1rm** — 3
   2-2-2 reps
2. **BW Pull-Ups** — 4
   8-8-8-8 reps
3. **Wide Grip Lat Pulldown** — 3
   12-12-12 reps
4. **Row Machine** — 4
   10-10-10-10 reps
5. **Cable Pullover** — 3
   12-12-12 reps
6. **Cable Curls** — 4
   10-10-10-10 reps
7. **Incline DB Curls** — 3
   8-8-8 reps

Swipe to complete

Timer

1. **Barbell Bench 67.5% of 1rm** — 3
   6-6-6 reps

2. **Seated DB Shoulder Press** — 3
   F-F-F reps

3. CIRCUIT — 4
   Superset
   - **8** Arnold Press
   - **10** DB Side Laterals

4. **Cable Upright Rows** — 3
   12-12-12 reps

5. **Face Pulls** — 4
   12-12-12-12 reps

Swipe to complete

Timer

1. **Barbell Squat 60% of 1rm** — 3
   5-5-5 reps
2. **Barbell RDL** — 3
   10-10-10 reps
3. **DB Walking Lunges** — 4
   12-12-12-12 reps
4. **Cable Hip Thrust** — 3
   15-15-15 reps
5. **Belt Squats** — 3
   8-8-8 reps
6. **Calf Raises** — 3
   20-20-20 reps

Swipe to complete

Timer

1. **Incline Barbell Bench**
   55% of 1rm
   8-8-8-8 reps
   4

2. **Pendlay Row**
   8-8-8-8 reps
   4

3. CIRCUIT
   Superset
   12 Flat DB Press
   8 DB Rows
   3

4. **Cable Flies**
   10-10-10-10 reps
   4

5. **Close Grip Lat Pulldown**
   12-12-12 reps
   3

6. **Wide Grip Lat Pulldown**
   10-10-10-10 reps
   4

Swipe to complete

Timer

1 **Barbell Squat (max out)**

1 rep

2 **Leg Press** 4

10-10-10-10 reps

3 **DB RDL's** 4

8-8-8-8 reps

4 **Calf Raises** 3

20-20-20 reps

Swipe to complete

Timer

1. **Barbell Bench (max out)(3 drop sets)**
   1 rep

2. **Seated DB Shoulder Press** 3
   10-10-10 reps

3. **DB Frontal Raises** 4
   12-12-12-12 reps

4. **DB Side Laterals** 3
   12-12-12 reps

5. **Arnold Press** 4
   10-10-10-10 reps

6. **Face Pulls** 4
   12-12-12-12 reps

Swipe to complete

Timer

1. **Conventional Deadlift (max out)**
   1 rep

2. **Wide Grip Lat Pulldown** 3
   15-15-15 reps

3. **Single Arm Barbell Row** 4
   12-12-12-12 reps

4. **Inverted Row** 3
   F-F-F reps

5. **Bicep EZ Bar Curls** 4
   10-10-10-10 reps

6. **Spider Curls** 3
   12-12-12 reps

7. **EZ Bar Preacher Curls** 4
   8-8-8-8 reps

Swipe to complete

Timer

1 **Barbell Bench 70% of 1rm** 3

6-6-6 reps

2 **Weighted Dips** 3

12-12-12 reps

3 CIRCUIT 4

Superset

10 Machine Chest Press

12 Diamond Push-Up

4 **French Curl** 4

8-8-8-8 reps

5 **Single Arm Extension** 3

12-12-12 reps

Swipe to complete

Timer

1 **Barbell Squat 55% of 1 rm** 3

5-5-5 reps

2 **DB RDL's** 4

12-12-12-12 reps

3 **Leg Press** 4

10-10-10-10 reps

4 **Goblet Squats** 3

15-15-15 reps

Swipe to complete

Timer

1. **Incline DB Press** — 3
   F-F-F reps
2. **Cable Pullover** — 2
   F-F reps
3. **Pendlay Row** — 4
   10-10-10-10 reps
4. CIRCUIT — 4
   Superset
   - **12** Machine Chest Press
   - **10** Row Machine
5. **Weighted Push-Up** — 4
   12-12-12-12 reps
6. **Barbell T-Bar Row** — 4
   8-8-8-8 reps

Swipe to complete